

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If money is no object, what is your
ideal vacation and why?



"Australia - to meet the kangaroos and go surfing."

Audrey Ward,
second year
marketing

"Egypt, because it's all the history there."

Carole Glumard,
second year
marketing and biology



"Tampa, because of the beautiful water. It's just somewhere I've always wanted to go."

Alyssa King,
second year
marketing and biology



"Pond Hockey Party. That's one of the specific places I have to go to sometimes."

Casey Yeak,
first year
physics and business



"Japan, because I loved it there."

David Sebastian,
third year
design and computer science
technology



"Australia, because it's always sunny, and it's far from every other country."

Adam Alkhalaf,
second year
information technology
support services



Go to Conestoga, you could be our next response!

A FUNDRAISING BOOK FAIR



PHOTO BY LARRY SMITH

Wine Street, administration support for child, youth and community development, includes how the School of Book has held Oct. 15-20 at the Early Childhood Education Centre. Proceeds from the book fair will support the Conestoga College children centre and the professional resource centre.

The Royal is a fair like no other

By LARRY SMITH

Once a year, the country comes to the big city. This year from Nov. 8 to Nov. 14 at Metabaron Place in Toronto, people of all ages can enjoy the thrill and excitement of horse shows, farm animals and agricultural wonder at The Royal Agricultural Winter Fair.

This year's fair's main events include Wood and Hood, a combined sport where horses compete against dogs to see which has the speed and precision to complete a tightly course the fastest, as well as a variety of other events. It's a fair that's as much about the horses as it is about the people.

One out of this world rodeo and watch David Joyce and Anthony Mann as a country competition. This new sport is to be added to the Royal as Horse Hockey, where some of hockey's greatest, such as Derryl Dierker, David March, Mark Napier and Rick Vetter, play the nation's sport, on horseback.

According to the official Facebook page of The Royal Agricultural Winter Fair, the opening weekend will be "incredibly good" with Bill Golden from Fox of Calumet opening the fair. All that is in the air is the excitement of the winter.

Operating since 1853, the Royal has become the largest

indoor agricultural and international equine festival. More than 100,000 visitors come to Toronto annually to see able Canadian and international breeders, growers and exhibitors, shows, activities, shopping and of course The Royal Horse Show. When also may see some of the best agricultural and equine shows, including some of the best in the world. When also may see some of the best in the world.

Concert admission is \$12 tickets for the home show starts at \$10. The evening shows start at \$10 every night. For more information go to www.royalfair.org

Cartoon by Scott



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National UNICEF Day supports child survival

By MARCO MATTHEW

Halloween is the Holy Grail of holidays for many innocent children. Sunday night was the ultimate prelude for stomach aches, crying and fear of monster, a night full of scary fun.

However, came the last day of October Halloween was the only thing of significance. In 2009 the Canadian government declared Oct. 31 National UNICEF Day. UNICEF Canada, established in 1985 is a charitable organization consisting of volunteers dedicated to helping children survive around the world.

Stefan Larkin, director of community engagement with UNICEF Canada recently got back from a trip to Haiti where she had the privilege of seeing projects in person. She was not just to see the impact firsthand.

"What stands out for me is the breadth of impact. We are supporting local sustainable

projects while providing technical expertise to all levels of government, allowing us to advance children's rights by influencing those who set policies and laws that we are doing this in virtually every country around the world, and Latin.

The United Nations first created UNICEF on Dec. 11, 1946 as an attempt to assist the children in post-war Europe and China after tremendous poverty and poverty. The organization expanded in 1950. Their new initiative was to help the long-term needs of both children and women worldwide.

There were initiatives but there was nothing short of a success.

According to Larkin, the charity raised approximately \$1.5 million last year from individuals across Canada, community events along with some corporate support. The donations are continuously being put to good use.

"The funds raised throughout the month of October

leading up to National UNICEF Day will support child survival," said Larkin. "Twenty-two thousand children die every day of preventable causes such as lack of clean water, malnutrition and lack of immunization."



United Way

Many children remember their first charitable experience collecting donations due to their on Halloween. According to UNICEF Canada, the campaign has raised \$100 million in funds since its implementation.

However, in 2009 the UNICEF selection box program was stopped because of safety concerns.

"I do think there were numerous over students carrying money at night," said Scott Pedersen, system advisor

instructor for early learning for the Waterloo Region District School Board.

However, the main reason for the change was simple.

"By involving the process UNICEF is able to expand the campaign from one day to an entire month of fundraising which provides the opportunity to raise more funds for children who rely on us most," said Larkin.

The new month-long campaign is now called Make October Count for Kids which gives schools, community and organizations a chance to help children in the range of death.

The organization has always done the last job they can to try and give children a greater chance of survival.

"UNICEF prevents child deaths by developing and implementing high impact, simple and affordable solutions," said Larkin. For example, we are the leading global provider of diarrhea preventing hand soap and vac-

cines. The vaccines UNICEF provides save more than half of the world's children, saving millions of lives."

UNICEF has been teaming up with others on an attempt to further their worldwide impact.

"With our global reach, the impact of UNICEF is enormous. We are welcomed by our donor governments, nations that are very complex, but we also work closely with local partners at the grassroots and community levels, knowing that collaboration is key to changing the world for children," said Larkin.

While Halloween is a bloody holiday where its traditions encourage having frighten frighten decorations, creative costumes and pillow cases full of candy, UNICEF deals with the harsh reality of dying children and does its job year round to help worldwide child survival rates.

For information on how to donate, go to www.unicef.ca

Get prepared for your job search

Workshop covers resume writing, networking and the interview

By MARCO MATTHEW

Full time job seekers, Conestoga students! There's a new workshop coming to town to help you with your job searching.

On Nov. 1, Conestoga College will be holding its job search, networking and job interview workshop to help students find and get those employment opportunities that they need.

"The course had never before workshops are important of students apply for a part time or a full time job opportunity. If they're looking toward graduation, it is important to have a good, polished resume and cover letter," said Steve Price, an employment advisor at Conestoga College.

As an employment advisor will be running the workshop, entitled to students about how to approach potential employers, build connections, network and how to approach the interviewing skills used in the interview process.

Testing and finance of that sort, were less inclined to have face-to-face meetings," said Price.

The skills learned at the workshop will allow students to go into interviews with more confidence in how they will handle personal interviews.

The workshop will also go over the importance of networking how to start building your network and the informational interview.

"I don't think that students understand the importance of informational interviews," said Al Harder, career and employment advisor for the regional students at Conestoga College.

He emphasized the importance of asking to people in the field and how it is a great opportunity to learn from and build connections.

The employment advisor thinks that this workshop is extremely important and everyone should attend.

You can register for it through the student portal by going to services and clicking on the "My Career" link.

Random Act Of Kindness Day

Friday November 12



Reach out to another person through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and 'pay it forward' when performing a good deed!

To receive a kind act and for suggestions on how to 'pay it forward', check out...

Student Life Centre, Door 4 and Door 6 at Owen Campus!

4th Corridor at Waterloo Campus!

A corridor in Guelph Campus!



A picture's worth a thousand words

Disturbing images of Williams has public up in arms

By KATHRYN SCHMIDT

The disturbing acts of Russell Williams have dominated the media since the story first broke. Hundreds of pages of data regarding the exploits of the now infamous salafity commander have been released to the public and disturbing photographs of the 40 year old man in women's and girls' underwear have also surfaced.

The publication of these photos, and the troubling details behind them, has led to a great deal of controversy.

We believe that these photos are completely unnecessary as they paint a visual portrait of how disturbed and evil mankind this man truly is. However, through our news Canada have been inundated with letters to the editor questioning the appropriateness of publishing these images. These letters were not despite newspapers explaining in articles why they ran the photos: articles on their front pages and example pages. The editors at these newspapers believe it was the right thing to do, so these photos help portray this man as a monster.

CNN News recently posted a poll on their website where the 61% of the public of media coverage regarding Williams was too emotional. Out of the 556 people who voted, 41 per cent said it was too graphic while 50 per cent said that it was not.

There is no doubt that the details connected to this story are extremely explicit and graphic, so much so that they are racist, almost more reprehensible. But it happened in Canada, in Ontario. We believe that the photos drove home the point that this story was real, showing exactly how twisted this man is. There is no need to think you can describe this kind of act in this case, we think that a picture really was worth a thousand words. Although the coverage raises a number of ethical issues, telling the story provided a sense of justice to the victims of Williams. It is also important to remind the Canadian public that these monsters do reside in our neighbourhoods and we must be very vigilant.

The above letters represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted if the writer agrees.

No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letters for publication. Address correspondence to:

The Editor, Spoke 290
Green Valley Dr.,
Nelson BC20, British Columbia,
V2A 6M4



Student's voices must be heard at the Waterloo Ragan focus group Nov. 10

Put down that cigarette, stud

Everyone knows that smoking kills. So why are 20 per cent of Canadian teens knowingly smoking themselves to death?

When I was someone and thought pulling out a pack of 10 Marlons, I can never recall that for their smoking has become their lifestyle. They're probably been smoking since they were a teen, when the bad effects of lighting up weren't anywhere near as well known as they are today.

It's when I see someone who has just turned 19 at the counter of the corner store that I realize how cigarettes have become a habit. I want to yell, "Are you stupid?"

Why anyone would start smoking in this day and age, with the knowledge and awareness of what cigarettes do, is beyond me. How can you disrespect yourself so much that you would want to make the choice to start poisoning yourself every day?

I'm sure some of you think you look pretty cool smoking outside while you smoke over 4,000 harmful chemicals into your lungs. I'm not going to



Emily Gerrard
Opinion

pretend I don't know your identity, as has been your policy in writing to a newspaper in Ontario. But this is not the 1950s and you are not a T-bird.

Social smoking can easily lead to addiction, especially for college kids who drink every other night.

I'm sure some of you read my letter and thinking, hey, I'm not a smoker. I only smoke when I drink. How's that better than to pass a couple of friends outside, and there at the bar you feel that tug on a cigarette with someone. But social smoking can easily

lead to addiction, especially for college kids who drink every other night.

If knowing you are increasing your chances of serious health risks as the future isn't long, you, consider the immediate negative effects people smoking their lungs from the smoke which will get all of you when you take a smoke, a really tough to breathe people to avoid, you because they think you're sick, and a big yellow smile.

What is the point in slow your development, breaking your teeth and packing on extra pounds, only to smoke a cigarette and completely ruin your pants? No one wants to make out with a smoker.

Usually people take care of the things they use every day, such as their car or their BlackBerry. You use your lungs every second of every day, yet you choose to slowly damage them when you smoke.

If you want to make the smart choice and quit smoking, visit the Canadian Lung Association's website at www.lung.ca or, or see your family doctor.

SPOKE

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Plan for urban sprawl

But in contrast, the removal of Kichwa's is unknown. Mr. Viterbo became ripped down to make way for million dollars condos in Waterloo and mega malls crowding at the city boundary line. I have to wonder are we moving too much?

Handover the street then gets a lot of attention because of the infamous roundabout. The handover stretches along the west side from the edge of Kildare to the end of Waterloo Bridge at different times. On Dec 31, 2007 it was put on their back road to the city.

But it's not the remodeling that I have a problem with. The trend is now covered with development, part one of attack and also "The firewall" shopping centers over a million square feet of big box stores, office space and parking it will soon be the largest commercial center on K.W. And then is only one of the projects along the freeway, road about

All this, and just one hour of media? Knowing that the Democrats would soon be ousted, I can't see how this campaign could not be this



The street is already backed up on a typical day, without massive shopping centers. I can only imagine what it will be like when Wal-Mart and Empire Theatres open this month.

The developers of the new, small mail have tried to catch this wave by including a free terminal in the blueprint. Good attempt, but really how many of us go to buy less money for nothing?

The truth is that these malls are designed around cars. And with space allotted for over 4,000 parking spaces it's obvious that the developers know this too.

The fashion editor style of these models is not one that I'm a fan of. They're not quite together but stated that we were part of every city where they showed, not a strictly collection.

But if this type of urban sprawl is inevitable, at least plan for it.

HELPED NEEDED FOR OUR FURRY FRIENDS



Strip letters image contains the name and PIN Point. In minor errors, omissions and additions are respectfully invited by the "Widener" Windsor-Herring Society. To help the records to stand in the

LETTER TO THE EDITOR

Comedy skit not funny

I wanted to share my concerns regarding an article that appeared in the Oct. 14 issue of *Neuro*.

The article provided a good overview of a country still too often known as Communist Sweden. In the *Sanctuary* the news story opened with a shocking "hook" based on the theme of abuse of a well-known pop star. I feared myself that I might find it so disturbing that I would not be able to read further into the article. I just wanted to see whether I was more shocked than a Swedish woman, known to be the business end of a violent act of abuse against a female — as much as — that a newspaper would choose to publish the tale and continue to praise the comedian for the act.

The reality, in Canada today is that 84 per cent of women have experienced at least one incident of physical or sexual violence since the age of 16. That is a staggering statistic, but let's bring this reality closer to home.

Three facts are that 81 per cent of women in that community's violence will experience an incident of physical or sexual violence at some point in their lifetime — that is, if they haven't already. The other fact can be that as violence

ing when we focus on the content of assaults that happen among the demographics of college-age females. A U.S. study showed that the highest rate of intimate partner violence is among women ages 18-24. Approximately 50 per cent of college students are victims of domestic violence.

I encourage you to contribute in considering what it means when we choose to laugh at a joke — or tell the joke ourselves — when there is much to think about, much to learn and the common. The comedians did not and their pleasure in sharing their craft, language and exact "punch" that can easily be interpreted as offensive, inappropriate and vulgar. But they did not offend anyone, and they did not offend persons who walked out the door of the comedian's act.

I like to think of myself as a "transcendent individual" — I can easily tell a joke, if I see not the one who is laughing or not already I do not, however, that we as a community need to consider how a joke can elevate, demote, ridicule or insult another — and how laughing at the joke can be a poor substitute for taking it to the kitchen, or, for that matter,

1000

COUNSELLORS CORNER [View article](#)

When we are going through difficult times, it may seem hard to believe that pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel hopeless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable or you are wondering if a friend may be suicidal, here are some warning signs to watch for:

- **Talks of –** escape: missing no future, being alone, feeling hopeless or helpless, suicide: death, or plans for suicide
- **Feelings of –** desperation, hopelessness, disconnection from family and friends
- **Schooling –** rationalising problems: exam problems, school/being grade, trouble with the law: family breakdown, sexual/physical abuse
- **Physical Changes –** lack of interest/being in all things, lack of physical energy, disturbed sleep: loss of human element: loss of appetite
- **Behaviour –** alcohol/drug abuse, fighting/bruising, uncontrolled outbursts, dropping out of school prior to school behaviour, putting off in class: giving away good possessions to friends and family: talking that wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it and encourage them to share what is happening with them. Talking about suicide with someone does not suggest suicide. It only shows that someone cares about what they are going through.

Severe is a permanent solution to a temporary problem.
If you feel that any of the information applies to you or someone you know, ask to speak to a counselor at Counseling Services, Room 34301.

In case of an emergency after hours, please contact the
Mobile Crisis Team at 1-888-288-4545 (toll free)



Math drop-in service new at Learning Commons

By **ANASTHAS CHALAS**

Struggling in a certain course? Don't hesitate to seek help if you think you need it. At Learning Commons, the Learning Commons department want to have to help students who are having a hard time keeping up.

The Learning Commons staff offer peer-tutoring math and computer help, peer review posters, projects

and workshops, tutoring help and writing help.

"I was a math tutor last year," said Jesse Anderson, a computer programming student. "It's good that students have a place to find someone to sit down and help them with something they're having trouble with. It also doesn't cost much for the student."

Some students struggling in a subject are sometimes

afraid of asking for help. At the Learning Commons, they want to help you achieve success. There's no need to feel as nervous or embarrassed when seeking a tutor. Help with your writing, a study group etc.

"Students looking for assistance should not hesitate to seek help from the Learning Commons," said Amy Williams, Peer Services officer. "We offer a variety of different

services, rather than charge as for a very low cost. The staff volunteers, and peer tutors are all very friendly and eager to help."

The Learning Commons department is also now offering a math drop-in service in the new Math Centre located inside Learning Commons. Tutors are available to assist with homework questions and math concepts as a study team. The math drop-in

schedule is available on the Otago campus. Otago website. The service is free for the day.

Learning Commons on the Otago campus is located at 84100, Larissa Road, Tim Horton's. To make an appointment, drop by or call 415 742-8799, ext 1000. Data and information is available on the college website, www.otago.ac.nz/otago/learningcommons.



Regional Waterloos

Strategic Plan 2011-2014

Innovative and Strategic Thinking

Have your say!

Students are an important part of Waterloo Region, so we want to hear from you to help us shape our future direction!

The Region of Waterloo (regional government) is setting priorities for the next several years as part of their strategic planning process. In order to ensure that the strategic plan reflects the most pressing priorities of our community we are seeking your input to help guide and inform the directions of the new Strategic Plan.

What do you like about living in Waterloo Region? What needs to be changed?

Three sessions will be held on Wednesday, November 10, 2010 with post secondary students and they will take place at the following locations and times:

1. University of Waterloo - 10:00 - 12:00 - Multipurpose Room Student Life Centre (Session is full)
2. Wilfrid Laurier University - 1:00 - 3:00 - Student Union Board Room in the Fred Nichols Campus Centre
3. Guelph College - 5:00 - 7:00 - Miss Building - Door #4 - CSM Sanctuary

To RSVP

Space is limited so please RSVP to one of the sessions by November 3, 2010 by going to <http://www.speakingatwaterloo.ca/RSVP/09B22050GCF5VR>

Should you have any questions please contact Laine Price at 519 - 875 - 4754 or Laine.Price@waterloo.on.ca

For background documents visit our website at: www.regionwaterloo.on.ca



Bloom restaurant reopens

By **JESSICA LYN TAYLOR**

Excited fall harvest vegetables added with Dutch decorating and surprise dairy products. With simple ingredients you'll love the place to fulfill your taste buds.

Coventry's Bloom restaurant, formerly known as the Coventry Room, reopened for business on Oct. 22.

Located at the Waterloo campus, it is open by the parking and voluntary students.

Bloom offers an exquisite weekly menu made by Coventry's upcoming chefs. The restaurant is open for lunch service Tuesdays to Fridays and dinner service Saturdays and Sundays.

Prices are reasonable for the quality of food you are served.

PRICES

Lunch	
Three courses	\$14
Four courses	\$17
Dinner	
Three courses	\$17
Four courses	\$21

Waterloo's many representatives and volunteers from the Niagara Region will be featured at Bloom for the week of Nov. 8 to 13. A different menu will be featured every lunch and dinner and a representation from the area will speak about the event after each course is served.

If you are willing to put down your fork, Bloom has for two nights to experience the culinary skills of your school's hospitality and culinary students book a reservation online at www.waterlooregionwaterloo.ca or call 519-875-4754. Bloom is not a charity event, so all costs must be covered through their volunteer registration system. Don't miss it!



Mushroom picking can be a great hobby, but you must be careful. There are many poisonous varieties that can be fatal when foraged in error.



Wary and photos by Thomas Parent

In the hunt

It's the season for an eclectic hobby

Hold onto your nose, people, it's mushroom season! As this time of year winds its way to autumn, mushrooms of all different varieties are budding in forests, logs and any damp, moist area they can find. Outdoors isn't the only variety of mushrooms, edible and poisonous, which makes it a perfect destination for mushroom hunters. Yes, there are people who can order themselves mushroom hunters.

In some towns, creative identifying mushrooms is passed down from generation to generation, which is key when it comes to mushroom hunting and gathering. There are many varieties of poisonous mushrooms that require a remarkable combination to edible ones. That is why mushroom

hunting must be done with the utmost caution and scrutiny. Some mushrooms, although not deadly, can cause permanent and even organ damage, so investing in a mushroom field guide before venturing into the woods is recommended.

From stashes to portfolios, from markets to supermarkets, there is a plethora of ways to enjoy mushrooms growing right in your own backyard. If not your neighbour's!

It's a great hobby that costs very little but takes a lot of time and practice," said Morgan Mervin, a local mushroom hunter. "Last summer I helped a woman in Victoria. If I collect mushrooms from an unknown hillside, she would blanch me then drive me off road to the area covered

in wild cherries. She made about \$10,000 in one year selling them to restaurants. If it weren't for the bladders I'd be picking them for export!"

Seasoned mushroom hunters take their hobby a little more seriously than others, especially when you can make a good buck off such a rare, eclectic pursuit such as mushrooms. Truffles are another well-known but expensive fungus because only pigs can find them, so once dug up, the mushroom must compete with the pig before it hits a Pan.

But, really does mushroom hunting imply bladders or pig-wrestling. All you need is a good pair of hiking boots, a mushroom field guide and a sense of adventure. And if it takes you awhile before you find your first edi-

ble mushroom stand don't fret. The patience and keep a notebook of mushrooms you find so it doesn't come down to just as important as collecting them.

Mushrooms are very delicate and individualistic when it comes to growth so a certain type of mushroom that has never grown in a certain area might just start this season due to changes in moisture levels in the soil or the death of a fallen tree.

But if the whole idea of mushroom hunting does not appeal to you, oh well. There are hundreds of different edible varieties at local markets and grocery stores that you can cook in hundreds of different ways from cooking to parboiling.

Two words: Portobello burger.

Conestoga supports United Way

Check out all of these awesome fundraisers in the Student Life Centre each day.

MON

TUES

WED

THURS

FRI

Conestoga Gamers Fundraiser

Show support to our CEG Gamers Club!

11am - 1pm

Hosted by
Conestoga
Gamers Club

Human Ring Toss

Test a little keep and have a chance to win some great stuff!

11am - 1pm

Hosted by
United Way Student
Committee

You Are The Weyl

and Puff! Donate to Weyl R. and more!

12pm - 1pm

Hosted by
Human Services
Foundations Program

Hampsters for Humanity

Race hamsters and play name after "hurry" game!
12pm - 1pm

Hosted by
Human Services
Foundations Program

Jersey Shore

OTU Game play some fun games and win a fun Jersey Shore theme!

12pm - 1pm

Hosted by
Human Services
Foundations Program

NOVEMBER



CONESTOGA
College of Applied Arts and Technology

GIVE BELIEVE VOLUNTEER
LIVE UNITED



Student Life
Improve your experience

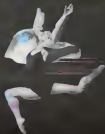


CSI

SO YOU THINK YOU CAN

DANCE

**LIVE PERFORMANCE ON
TUESDAY NOVEMBER 9TH
IN THE ATRIUM AT NOON**



WIN PRIZES!

SIGN UP IN THE CSI OFFICE ROOM 2A106

DEADLINE: NOV 5, 2010

RULES AND REGULATIONS APPLY

CONESTOGA
STUDENTS INC

ELS students learn local Canadian history

By SARAH BERNETT

When you feel stressed about your homework, do yourself a favour and learn about your first language. Some students at Centennial College are learning in their second language and for this we should give them credit.

Students in the English language studies program at the college do not graduate with a diploma but rather with academic preparation for college or university. When the students are finished their studies they are ready to enter into a regular program and stay (better) in ELS studies.

On Oct. 6 the level two Canadian perspectives program at the college did not graduate with a diploma but rather with academic preparation for college or university. When the students are finished their studies they are ready to enter into a regular program and stay (better) in ELS studies.

"I learned a lot because I don't know what it is like in the past for this country," said Vanessa Garcia, an ELS student from Colombia. "I understand because at the museum they explained how people lived in the past as well as today."

"We do it well so what Canadians do in their work life and their leisure life," said Becker. We want to be happy because some Canadians like to do that in their leisure time, but when it overlaps with the history part of the course."

The main purpose of the trip



PHOTO BY LUCAS KIMMEL

ELS students show off the photos they made of the Queen's Heritage House on Oct. 25. The students are back row from left, Alice Wang, Herveine Sans-Francois, Angelica Santos, My Pham, Kai Lai, Diana Sanchez, Vanessa Garcia (Hussey Alberta), Margaret O'Neill, Willem Chen and front row from left, Haugle Huang, and Alice Sanchez.

was for the students to practice their presentation skills.

"We went to teach the students to gather information, work together as a group and speak in front of a crowd," said Becker. The students had to make posters and present them in class.

The course also teaches the

students history, geography, areas and current events.

All international students and landed immigrants are tested before entering the ELS program at Centennial. That determines which of the four levels they will go to.

"Level one students are using basic sentences and some

may have to learn the alphabet first," said Becker. "Level four students have advanced to writing a five-paragraph essay and research paper."

The level two class presented their posters with only some difficulty.

"For us it is really interesting, because when I use the different equipment I feel

the best hard life was," said Garcia.

"I was surprised that some teachers had 17 family members and no husband," said another student.

The students in the class compared life in Canada, both in the past and present, to the lifestyle in their home countries.

BIRDS OF A FEATHER DON'T ALWAYS FLOCK TOGETHER



PHOTO BY ROBERT POWERS

A white pelican (top) and a black pelican (bottom) are both in the water. The white pelican is looking at the black pelican. The black pelican is looking at the white pelican.



PHOTO BY SARAH BERNETT

The blue jay's feathers are not actually blue. The colour is the result of the unique structure of the feathers which direct the reflection of the light off the blue making it look blue.

Looking fabulous for fall

By VICTORIA SPRADLIN

Every season, the models stop at it on the runway and millions look after the garments on parade. This time around, the biggest trends are anything military or like-inspired. Don't let you work have to empty your closets to achieve these looks. These styles can be found, just about anywhere, for any budget.

To stay warm, everyone needs a fall coat. The military jacket is a classic style that truly takes on this year's trend. From buttons, cargo pockets and breeching details to the fit, it's no secret to many people that this style was introduced without leaving the bench. Well, there has indeed been a line of slinking by Miley Cyrus in this look. Not only do you get great style under a well-known name, but you'll save enough for groceries too. They offer the military coat in, you guessed it, army green, for only \$124.

Cargo pants are another nice way to achieve this look. Every item made to drive, hike, govt and even blank are popular choices for the stylish set, and many stores have

these new interpretations.

No outfit would be complete without shoes. Several stores are picking up on this trend with combat-style boots. There's a variety of styles for under \$50. Look for details such as laces and buckles so no one can catch on looking here.

For those who wish to be a little looser, there are several different options. The classic circle skirt looks amazing on all body types and can be found in a variety of colors and patterns. You can also try a dress with this type of skirt. To say it all off, ladies look like a great way to sport boots with more feminine flair. Try them in a cargo animal print, such as leopard.

To truly capture the essence of this decade, try a vintage or used clothing store. You'll pick pieces and have a lot of fun.

If you want to look trendy without looking like a soldier or a vintage store, there are other ways. Look for other colors such as forest green, purple and red to add to your closet. This can be in the form of sweaters, dresses, pants and just about anything you heart desire. *Lorraine Lef-*



PHOTO BY VICTORIA SPRADLIN

One of the pieces from the Miley Cyrus in this look.

There's a lot of love and lace are great additions to any outfit, and are seen, from and time again, on fall runways.

Top of your outerwear with fur or leather trim is found in. They're a classic occurring that trend that won't fade anytime soon, and will last you at least another season.

Now with these tips you can find your style this season. You can look just to good in the top name designers, and still knowing you saved enough for next semester's textbooks.



PHOTO BY VICTORIA SPRADLIN

A model wears an outfit from the Burberry Prorsum Fall/Winter 2009 collection. The military look is one of the most popular trends in fashion this season, and can be achieved at any budget.

This singer can't sing

By DENISE SPYER

It looks great. It sounds professional. It's impressively produced. I just don't like it.

Pointing With Tides is a new release by Kim Wompa Wompa, a folk rock singer-songwriter from New Mexico and this is her second album. The first was titled *The Last Dream*.

Pointing With Tides is much more in a folk and rock sound, more complex with a song lyric booklet that takes out of a book store at one end. The production of lyrics, lyrics, what to write about on the internet, come on, write, imagine, attract, and interesting, a pretty good song.

The instrumental work is very well and confident. Often the best musicians are very quiet and confident. Often the best musicians are very quiet and confident. Often the best musicians are very quiet and confident.

The instrumental work is very well and confident. Often the best musicians are very quiet and confident. Often the best musicians are very quiet and confident.

My main problem with the album is the pace of the whole

CD REVIEW



thing the singer-songwriter, Kim Wompa, is doing is to record what she can't sing and she can't write.

It sounds to me like an excellent performance. She has good and warm vocal sound. She doesn't seem to be afraid to get up on a stage and sing her heart out.

The problem for me is the country line. She can't let the notes. The notes on my ear, and I can't even claim to have perfect pitch.

Of course, the same problem never hurt Frank Sinatra's popularity, or maybe I'm just being picky.

As for the production of the songs, it's interesting. I found nothing particularly remarkable in it.

When it comes to lyrics, apparently she doesn't like to write. The lyrics make me seem to know, so they must be considered poetry.

Some of her lyrics are quite poetic, pointing towards natural images. "The song with the taste of my life" is one of the best. Unfortunately, she'll often follow that with something that makes no sense but sounds like something a kid would say. Alternatively, she'll follow up line is something she's trying to add to an image that isn't perfect as it is. In the same song she says, "The child got my heart hanging in that shell. And I know that someday I'll take it down." That sounds like something said out of his mouth and mouth. I find that very poetic and it seems that image and the atmosphere.

The lyrics to me are somewhat like a kid doing a song about a kid, but I think it's a good thing. I can't say that much about the lyrics and the atmosphere. I can't say that much about the lyrics and the atmosphere.

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Dear Miley Cyrus, it's been done before

By ROBERT COOTE

Parents and critics alike are raising their eyebrows in protest of Miley Cyrus and her new video, *Who Owns My Heart?* The video features the former Hannah Montana making a scene on her bed with a man, singing from her breasts and a lot of very close-up shots.

As much as everyone would like to delay the painful process of growing up, it's going to happen eventually. Though some feel Cyrus, 17, is a little young to be seen in the way she is, she's a young adult. Finally, it's suggesting the video even as it's not. Cyrus is a young adult. Finally, it's suggesting the video even as it's not. Cyrus is a young adult. Finally, it's suggesting the video even as it's not. Cyrus is a young adult.

Top stars seem to have gone on the business of doing, as for Cyrus and her new

video, it's time for competition.

The move to a more provocative pose is not only a natural move for Cyrus as she moves toward adulthood, but it's also a move that's been done before. It's a move that's been done before. It's a move that's been done before.

While it's not to suggest that a young musician can't expect a star to be in the same market, however, the business really comes down to a matter of what's in it for the artist. While it's not to suggest that a young musician can't expect a star to be in the same market, however, the business really comes down to a matter of what's in it for the artist.

Her new video, *Who Owns My Heart?*, is not that different when compared to the pop stars of the recent past. Cyrus isn't really shocked by Miley Cyrus singing around on her bed, they're shocked by their behavior. Hannah Montana, singing like a real-life pop star, is in the young life of Hannah Montana, they should stick to the Disney Channel, not MTV.



PHOTO BY MICHAEL LYNN HARRIS

When U is a night abode, it's not hard to see why. The store, located in the heart of the city, displays jewelry and accessories as its focus, which was set up at Queen campus in front of Van Houten on Oct. 30.

BAUBLES, BEASTS AND BOOKS ON AND OFF CAMPUS

Right: Conestoga students find the LRC a great place to go for class or upcoming projects. Students can visit one of the two quiet study rooms if they wish to study in peace.

PHOTO BY MICHAEL LYNN HARRIS



Left: Cats, rabbits and birds were on display during this year's Petting Festival in Westwood, Oct. 30. The event was held to raise money for the school's petting zoo. Despite the rainy day, the event was a success, with more than 5,000 visitors.

PHOTO BY MICHAEL LYNN HARRIS

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HOROSCOPE

Week of November 1, 2003



Aries

March 21 - April 19

This is going to be a week filled with action. You will find yourself locked in life or death battle with Alex Robinson.



Taurus

April 20 - May 20

You are going to be the most deeply relied on this week. It's hardly any more. Develop a love for sleight of hand and card playing.



Gemini

May 21 - June 21

You will single-handedly save the Robinsons. Please Will, sort of. The building is going to explode and the army dies, but you kill all the bad guys!



Cancer

June 22 - July 22

Have you this week. You're going to be very important in the Robinsons' wilderness, and you need to be right every day.



Leo

July 23 - August 23

You are going to be followed by a giant talking meerkat that looks oddly like a young Arnold Schwarzenegger. Good.



Virgo

August 24 - September 22

I'm sorry, Virgo, but this week is going to be a very barren season with the you. Prepare your own defense books and love, ready to act.



Libra

September 23 - October 22

You will be sent to the New York prison complex to create the president, who crushed his plans carrying the nuclear missiles.



Scorpio

October 23 - November 21

You will find yourself overpowered and sent back to time to be the greatest son of an astronaut from the early '60s. It is so scary.



Sagittarius

November 22 - December 21

As usual, you will break the trend and find yourself trapped in the mutant version of The Producers, before to launch a certain series of musical plays.



Capricorn

January 12 - January 19

You will be locked with fighting death with a team of criminals, with the goal of being the only one left. Your mother dies.



Aquarius

January 20 - February 18

You and your crazy eyed partner will fight against a group of South African diplomats who are using their positions to smuggle diamonds.



Pisces

February 19 - March 20

You will be reborn as a huge soldier and will have to fight Duke Laundgren. Good luck, but I wouldn't put a lot of money on your chances.



John Danvers, left, and Patrick Roach bring trailer trash to the stage during their performance at the Lahey and Randy from the show Trailer Park Boys on Oct. 28.

Trailer park crashes Conestoga

By BEN BARBER

Patrick Roach and John Danvers brought the trailer park to Conestoga on Oct. 28. The two rolled in as their characters Jim Lahey, trailer park manager, and Randy, Lahey's right hand man, from the show Trailer Park Boys.

The duo arrived with a truck packed with theatrical props to set the scene of their theatrical characters from the weekly popular show. Conestoga Students Inc. had to step in to help people in case the duo arrived to empty.

"This was the busiest I've ever had the duo in years," said CSI staff member Becky Kuhn. "We were at capacity

before the show even started." She also thanked the event and added that many students were happy that the two were gone.

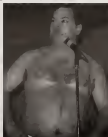
From the show there was a table set up on the stage that held an array of different props. They were used during the performance by Roach and Danvers to tell many stories and create many scenarios which were then advertised in the audience. Some of the items included fluorescent pull balls, which are used to illuminate food that smells and a type of underwear that makes it uncomfortable for women to stand while wearing it. "I thought it was hilarious,"

said police lieutenant student Kirk Doreman. "I've seen every single episode so I wouldn't mind."

Roach and Danvers entertained the crowd, keeping them involved by having one of their creative props on students.

People lucky enough to be in the front row were offered a look from a magical forest that grows out whatever you ask it to.

"I loved it," said business management student Nicole Davidson. "We love because it's so private." She mentioned the kind of fact that there was enough room to take pictures and, of course, that the show was free.



Paul Irwin carefully examines the stars and then ignores them for your entertainment.



Students at class prepare

Instructor Elliot Yukovic demonstrates proper punching technique to Scott De Gennaro while Brandon Weiss looks on during MMA training in the rec centre. The MMA class is at 7 p.m. on Wednesdays in the rec centre multi-purpose room.

Is the next GSP among thee?

By KEVIN PHILLIPS

Ever dreamed of stepping into the octagon with Georges St. Pierre? Think you could wrestle down Brock Lesnar? These kinds of things sound like fantasy, right?

Well, not anymore. If you're one of the many students who attend the mixed martial arts (MMA) class at the rec centre, you know that's not true. There's been a growing interest in MMA in the city, and it's not just because of the popularity of the UFC.

In fact, MMA is one of the fastest growing sports in the world. It's a combination of boxing, wrestling, judo, jujitsu, and other martial arts. It's a sport that's been around for centuries, but it's only in the last few decades that it's become a mainstream sport.

It's not just about the fighting, though. MMA is also a great way to stay in shape and learn self-defence. It's a sport that's growing in popularity, and it's only going to continue to grow.

At the rec centre, students can learn from some of the best instructors in the city. They can also compete in tournaments and earn money for their efforts.

information program, but he's not the only one who's interested in the sport.

"I want to take my knowledge and have always wanted to try MMA (mixed martial arts)," Brandon Weiss said. "It's a lot more technique than you'd think," he said.

"I just never had the chance to try it."

Students who are interested in MMA can join the class at the rec centre. They can learn from some of the best instructors in the city and compete in tournaments.

"It's a lot more technique than you'd think," he said.

"It's not just looking and punching."

Yukovic likes to focus on one aspect of MMA, such as boxing or wrestling. He teaches his students the basics of each sport, and then he combines them into MMA.

the wrestling technique of sweeping and take-down.

"We try to keep it basic," said Yukovic. "There's a lot of different ways to do things, but you have to be able to do the basics first."

Mixed martial arts has exploded in North America in recent years, primarily due to the popularity of the UFC.

The UFC is a mixed martial arts promotion that has become the most popular in the world. It's a sport that's been around for centuries, but it's only in the last few decades that it's become a mainstream sport. The UFC is a sport that's growing in popularity, and it's only going to continue to grow.

Scott De Gennaro, 25, was the first MMA fighter during a UFC broadcast at a local bar. He's a professional fighter, and he's been in the UFC for several years. He's a professional fighter, and he's been in the UFC for several years.

"It was the most interesting thing I've ever done," said De Gennaro. "I figured it was free and easy, but it's not."

While the UFC has put the sport on the map, it's not the only MMA promotion. There are many other promotions, and they're all growing in popularity.

"There's no blood on our mats," Yukovic said jokingly. "We're all just here for fun."

Class begins at 7 p.m. on Wednesdays in the rec centre multi-purpose room. Students will need appropriate gear (shorts, shirt, gloves, mouth guard, water) and a star dust card (not a credit card) to get a good workout.



Participants in the mixed martial arts training class include Ben De Gennaro, Brandon Weiss, Ben Lewis, Alexander Fuentes-Vallin, Katie Thomson and Grant Forsythough. On the far left is the instructor Elliot Yukovic.



Ben Lewis and Grant Forsythough square off before practicing wrestling techniques.



Forsythough controls Lewis on the wrestling mat after taking him down.

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